



5(ish) Ingredient Meal Prep

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Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 2 tbsps Dried Basil
- 1 tsp Garlic Powder
- 1/4 tsp Liquid Smoke

Frozen

- 1 cup Frozen Berries

Vegetables

- 3 cups Baby Spinach
- 1 cup Cherry Tomatoes
- 2 cups Mini Potatoes
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onion

Boxed & Canned

- 10 ozs Chickpea Pasta
- 1/4 cup Tomato Paste
- 3/4 cup Vegetable Broth
- 2 cups Vital Wheat Gluten

Baking

- 3 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 14 ozs Tofu

Condiments & Oils

- 3 tbsps Avocado Oil
- 1 cup Beet Hummus
- 1/4 tsp Ground Tumeric
- 1 tbsp Soy Sauce
- 1/4 cup Sun Dried Tomato Pesto

Cold

- 2 cups Unsweetened Almond Milk

Other

- 1/4 cup Vanilla Protein Powder



Mixed Berry Chia Pudding

2 servings

5 minutes

Ingredients

1/2 cup Chia Seeds
2 cups Unsweetened Almond Milk
1/2 tsp Cinnamon
1 tbsp Maple Syrup
1/4 cup Vanilla Protein Powder
1 cup Frozen Berries

Directions

- 1 In a high speed blender, blend together the chia seeds, milk, cinnamon, maple syrup, berries and protein powder. Divide into two containers. Place in the fridge for two hours or overnight.
- 2 Top with extra berries in the morning and enjoy!

Nutrition

Amount per serving	
Calories	366
Fat	17g
Carbs	39g
Fiber	20g
Sugar	13g
Protein	19g
Cholesterol	2mg
Sodium	188mg
Vitamin A	501IU
Vitamin C	20mg
Calcium	845mg
Iron	5mg



Tofu Scramble Tacos

2 servings

30 minutes

Ingredients

1 tbsp Avocado Oil
 14 ozs Tofu
 1 tsp Garlic Powder
 1 tbsp Nutritional Yeast
 1/4 tsp Ground Turmeric
 4 Corn Tortilla
 1 cup Cherry Tomatoes
 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	406
Fat	19g
Carbs	36g
Fiber	6g
Sugar	3g
Protein	26g
Cholesterol	0mg
Sodium	37mg
Vitamin A	2027IU
Vitamin C	14mg
Calcium	786mg
Iron	6mg

Directions

- 1 Use a fork to crumble tofu into bite-sized pieces. Add half of the avocado oil to a frying pan over medium heat. Pan fry the crumbled tofu until it starts to get slightly brown.
- 2 Prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Pour on top of the tofu and incorporate well until the tofu is an even yellow colour.
- 3 Prep the tomatoes and warm a large skillet over medium heat. Once hot, add the rest of the avocado oil, followed by the tomatoes. Cook until softened and slightly browned - about 10 minutes.
- 4 To serve, briefly warm each tortilla over the stove or in a pan so they're soft and pliable. Load each taco up with scrambled tofu, roasted tomatoes and spinach. Enjoy!



Beet Hummus Pasta

4 servings

15 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 2 cups Baby Spinach
- 1 cup Beet Hummus
- 10 ozs Chickpea Pasta

Nutrition

Amount per serving	
Calories	374
Fat	12g
Carbs	54g
Fiber	15g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	298mg
Vitamin A	1407IU
Vitamin C	9mg
Calcium	97mg
Iron	9mg

Directions

- 1 Boil pasta according to package directions, reserving a 1 cup of pasta water.
- 2 In a large skillet, heat the avocado oil over medium heat. Add the onions and cook for 5-7 minutes or until fragrant and they soften. Add the spinach and cook for 1 minute, or until is slightly wilts. Add the hummus, about ½ cup of the pasta cooking water and stir until a creamy sauce forms. Add more pasta water if you desire a thinner sauce.
- 3 Transfer the cooked pasta to the skillet, turn off the heat and toss everything together. Top with vegan feta if desired.



Seitan Sausage and Peppers

4 servings

1 hour

Ingredients

1 Yellow Onion (chopped,)
 3/4 cup Vegetable Broth
 1/4 cup Tomato Paste
 1 tbsp Soy Sauce
 2 tbsps Nutritional Yeast
 1/4 cup Sun Dried Tomato Pesto
 2 tbsps Dried Basil (divided)
 1 tbsp Maple Syrup
 1/4 tsp Liquid Smoke
 2 cups Vital Wheat Gluten
 1 tbsp Avocado Oil
 2 cups Mini Potatoes (sliced)
 1 Red Bell Pepper (sliced)
 1 Yellow Bell Pepper (sliced)
 1/2 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	458
Fat	5g
Carbs	50g
Fiber	7g
Sugar	11g
Protein	56g
Cholesterol	2mg
Sodium	544mg
Vitamin A	1384IU
Vitamin C	143mg
Calcium	96mg
Iron	7mg

Directions

- 1 Preheat oven to 400 F.
- 2 Heat the olive oil in a medium frying pan or skillet over medium heat and when hot add the onions. Sauté until the onions turn translucent and begin to brown, about 5 minutes. Remove from heat and set aside.
- 3 In a large bowl whisk together the vegetable broth, tomato paste, and soy sauce until smooth. Now add two tbsp of the sun-dried tomato pesto, nutritional yeast, 1/2 of the dried basil, maple syrup, liquid smoke, and all of the sautéed onions. Lastly, add the vital wheat gluten and combine to make a dough. Knead the dough to make sure it's all combined, but once combined, stop kneading.
- 4 Cut the dough into 6 equal-sized pieces. Take one of the pieces of dough and place it on a sheet of aluminium foil. Shape the dough into a rough sausage shape and wrap the foil around it. Place them in the oven for 40 minutes then remove. Wait until they cool slightly to take them out of the foil and slice into 4-5 pieces.
- 5 Meanwhile, place the potatoes, peppers and onions on parchment lined baking sheet and drizzle with avocado oil and dried basil. Roast for 20 minutes. Remove from heat, add the sliced sausages and toss with the remaining pesto. Place back in the oven for 10-15 minutes then divide into four servings. Enjoy!